



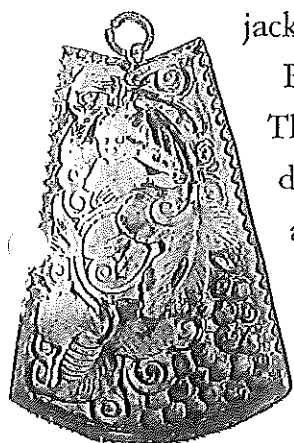
Dress and Ornament

CHINESE PEASANTS dressed in simple clothes made from basic materials. They mostly wore cotton tunics over loose trousers, with sandals made of rushes or straw. In the south, broad-brimmed, cone-shaped hats helped to protect the wearer from the hot sun and heavy rain. In the north, fur hats, sheepskins and quilted

jackets were worn to keep out the cold.

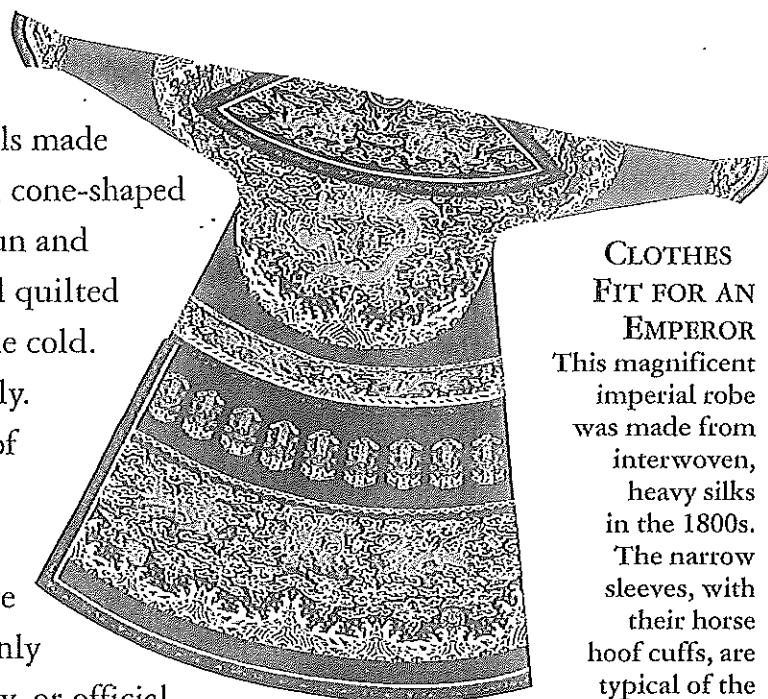
Rich people dressed elaborately. The style and even the colour of dress was laid down by law and showed social status.

Merchants, for example, were not allowed to wear silk. Only emperors could wear yellow, or official robes of silk patterned with dragons.

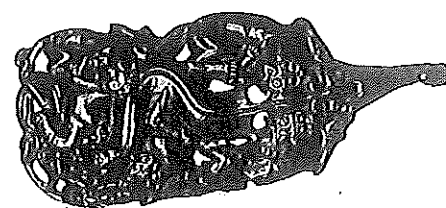


MONKEY PENDANT
Wealthy people often wore very expensive, well-crafted jewellery. This beautiful piece from the AD700s is a pendant necklace. It could have been worn by both men and women. The pendant is made from white jade set in a beaded frame of gilded bronze.

Court dress varied greatly over the ages. Foreign invasions brought new fashions and dress codes. Under the Manchus, who ruled as the Qing dynasty from AD1644, men had to wear a long pigtail. Rich people grew their little fingernails so long that special nail guards were worn to prevent them from breaking off.



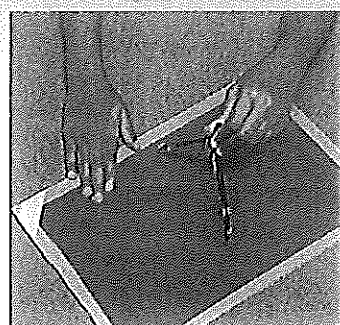
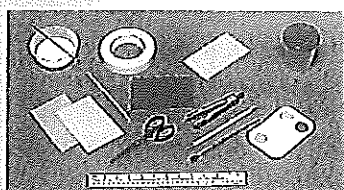
CLOTHES FIT FOR AN EMPEROR
This magnificent imperial robe was made from interwoven, heavy silks in the 1800s. The narrow sleeves, with their horse hoof cuffs, are typical of the Qing dynasty.



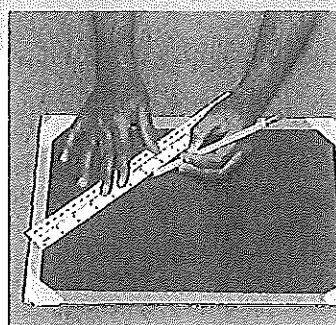
FASTEN YOUR BELT
Belt hooks and buckles became an essential part of noblemen's clothing from about the 300s BC. They were highly decorated, and made of bronze.

MAKE A FAN

You will need: masking tape, red tissue paper, thick card base, ruler, pencil, compasses, paint (pink, light blue, cream, light green), thin paintbrush, water pot, scissors, 16cm x 1cm balsa strips (x15), barbecue stick, glue and brush, thin card.



1 Tape tissue paper on to base. Make a compass hole 1cm from the edge. From this mark, draw a 16cm radius semicircle and a 7cm radius semicircle.



2 Place one end of the ruler at compass hole. Mark the point with a pencil. Draw evenly spaced lines 1cm apart between the semi-circles.

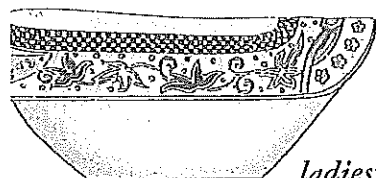


3 Draw your design on to the tissue paper. Paint in the details. Allow to dry. Remove paper from base. Cut out fan along edges of the semicircles.



OFFICIAL DRESS

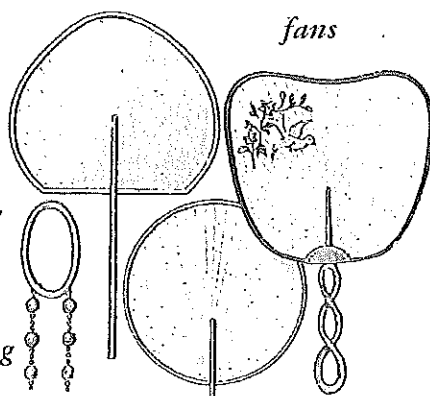
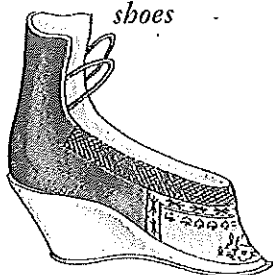
A well-dressed civil servant cools down in the summer heat. Chinese government officials wore elegant clothes that showed their social rank. This picture was painted by a European artist in about 1800. The official is wearing his summer outfit, which consists of a long narrow-sleeved tunic, slippers and a brimmed hat. It is a hot day, so he also carries a fan to provide a cool breeze.



ladies' shoes

ADDED STYLE

Over the ages, all kinds of accessories became part of Chinese costume. These included elaborate hats and headdresses for men and women, sunshades, fans, belts and buckles. Tiny leather shoes lined with silk were worn by noble women.



fans

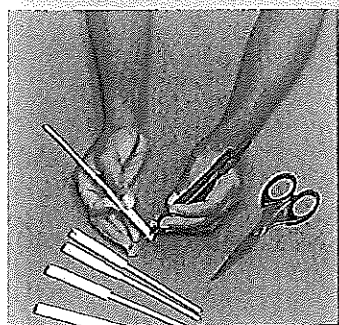
earring



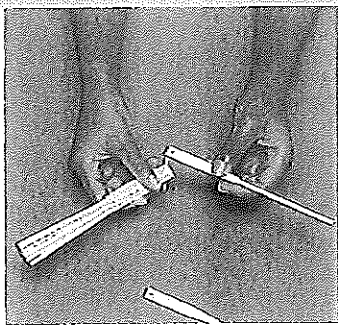
LADIES OF THE COURT

These Tang ladies are dressed in the high fashion of the AD700s. Silk was the material worn by the nobles of the day, and court costume included long robes and skirts, various tunics and sashes. The clothes were often beautifully decorated, with colourful patterns and elaborate designs.

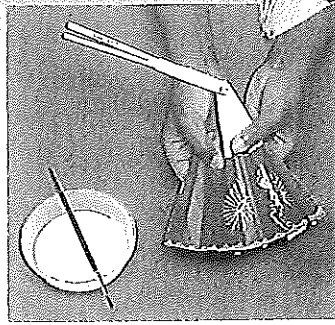
The earliest Chinese fans were made of feathers or of silk stretched over a flat frame. In about AD1000 folding fans were introduced into China, probably from Japan.



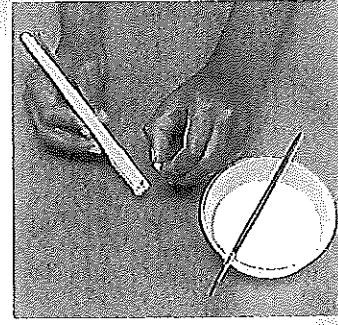
4 Using scissors, cut each balsa strip 1cm narrower (0.5cm each side) for half of its length. Make a compass hole at the base of each strip.



5 Stack strips. Pass a barbecue stick through holes. It must be long enough to fit through and overlap either side. Make sure strips can move freely.



6 Fold the paper backwards and forwards to form a concertina. Glue each alternate fold of the paper to the narrow ends of the strips, as shown.



7 Paint the top strip of the fan pink. Allow to dry. Cut out small card discs. Glue them over the ends of the barbecue stick to secure the strips.



SHADE AND SHELTER

A Qing dynasty woman uses an umbrella as a sunshade to protect her skin. The Chinese invented umbrellas about 1,600 years ago and they soon spread throughout the rest of Asia. Umbrellas became fashionable with both women and men and were regarded as a symbol of high rank.

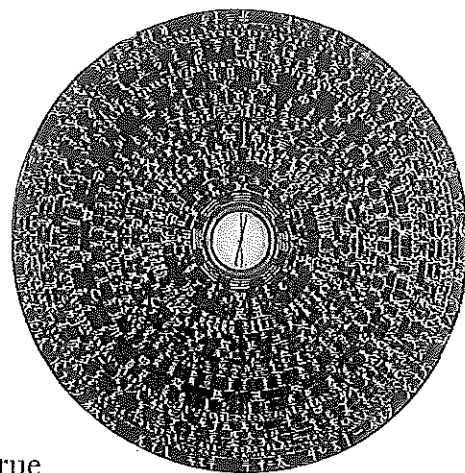
Famous Inventions

WHEN YOU WALK DOWN a shopping street in any modern city, it is very difficult to avoid seeing some object that was invented in China long ago. Printed words on paper, silk scarves, umbrellas or locks and keys are all Chinese innovations. Over the centuries, Chinese ingenuity and technical skill have changed the world in which we live.

A seismoscope is a very useful instrument in an earthquake-prone country such as China. It was invented in AD132 by a Chinese scientist called Zhang Heng.

It could record the direction of even a distant earth tremor. Another key invention was the magnetic compass. In about AD1–100 the Chinese discovered that lodestone (a type of iron ore) could be made to point north. They realized that they could magnetize needles to do the same. By about AD1000, they worked out the difference between true north and magnetic north and began using compasses to keep ships on course.

Gunpowder is a Chinese invention from about AD850. At first it was used to blast rocks apart and to make fireworks. Later, it also began to be used in warfare.



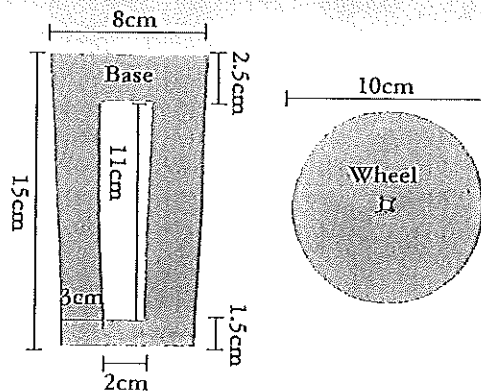
THE SAILOR'S FRIEND

The magnetic compass was invented in China in about AD1–100. At first it was used as a planning aid to ensure new houses faced in a direction that was in harmony with nature.

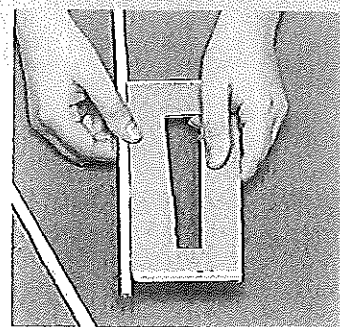
Later it was used to plot courses on long sea voyages.

MAKE A WHEELBARROW

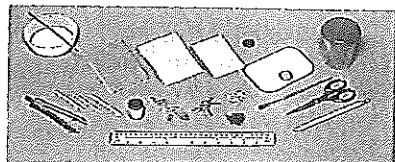
You will need: thick card, ruler, pencil, scissors, compasses, 0.5cm diameter balsa strips, glue and brush, paintbrush, paint (black and brown), water pot, 3.5cm x 0.5cm dowel, 2cm diameter rubber washers (x4).



Using the measurements above, draw the pieces on to thick card. Draw the wheel with the compasses. Cut out pieces with scissors.



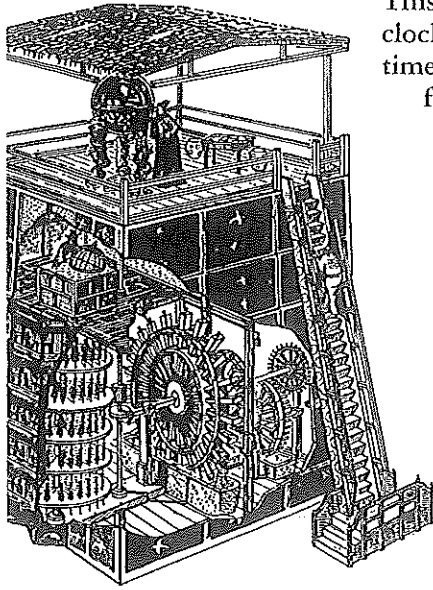
1 Cut 7cm, 8cm and 26cm (x2) balsa strips. Glue 7cm strip to short edge of base and 8cm strip to top edge. Glue 26cm strips to side of base.





SU SONG'S MASTERPIECE

This fantastic machine is a clock tower that can tell the time, chime the hours and follow the movement of the planets around the Sun. It was designed by an official called Su Song, in the city of Kaifeng in AD1092. The machine uses a mechanism called an escapement, which controls and regulates the timing of the clock. The escapement mechanism was invented in the AD700s by a Chinese inventor called Yi Xing.

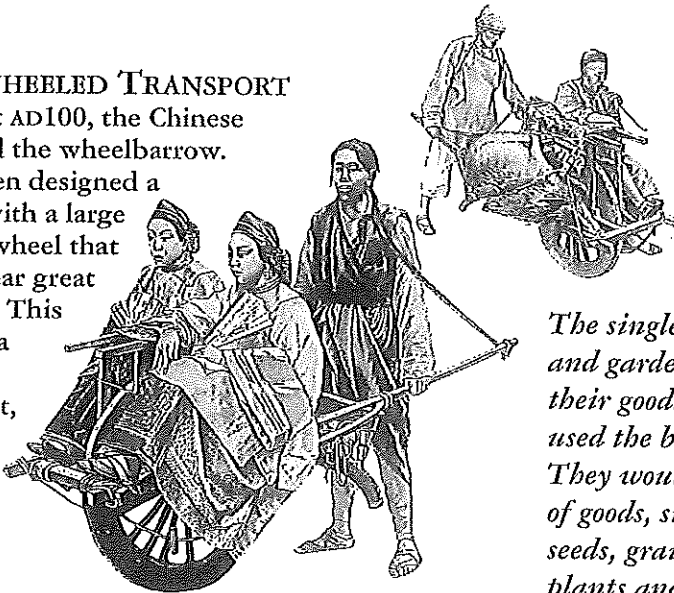


EARTHQUAKE WARNING

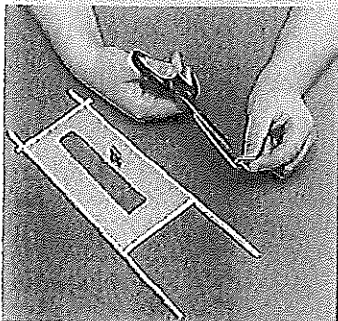
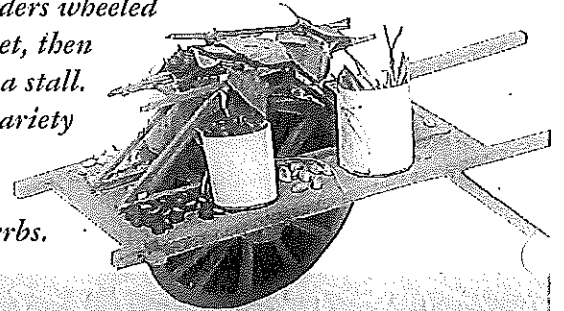
The decorative object shown above is the scientist Zhang Heng's seismoscope. When there was an earthquake, a ball was released from one of the dragons and fell into a frog's mouth. This showed the direction of the vibrations. According to records, in AD138 the instrument detected a earth tremor some 500 kilometres away.

ONE-WHEELLED TRANSPORT

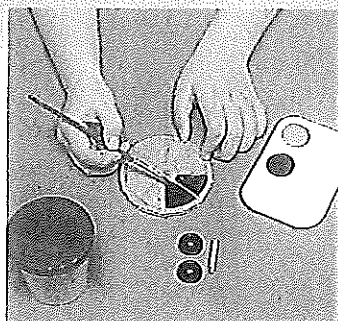
In about AD100, the Chinese invented the wheelbarrow. They then designed a model with a large central wheel that could bear great weights. This became a form of transport, pushed along by muscle power.



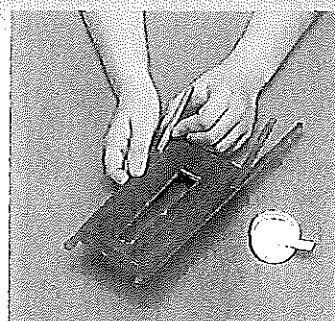
The single wheelbarrow was used by farmers and gardeners. Traders wheeled their goods to market, then used the barrow as a stall. They would sell a variety of goods, such as seeds, grain, plants and dried herbs.



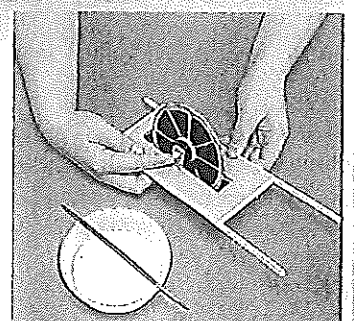
2 Turn the base over. Cut two 2cm x 1cm pieces of thick card. Make a small hole in the middle of each, for the wheel axle. Glue pieces to base.



3 Use compasses and a pencil to draw 1 circle around centre of wheel and 1 close to the rim. Mark on spokes. Paint spaces between spokes black.



4 Paint the barrow and leave to dry. Cut two 7cm balsa strips with tapered ends to make legs. Paint brown. When dry, glue to bottom of barrow.



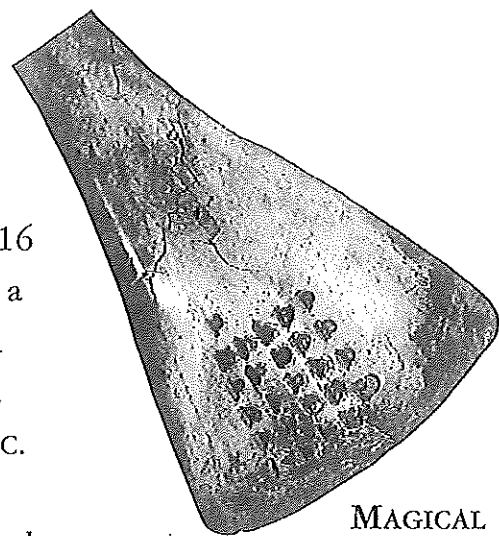
5 Feed dowel axle between axle supports, via 2 washers, wheel, and 2 more washers. Dab glue on ends of axle, to allow wheel to spin without falling off.



The Written Word

THE CHINESE LANGUAGE is written with symbols called characters, which stand for sounds and words. They have changed and developed over the ages. A dictionary published in 1716 lists over 40,000 of them. Each character was written by hand with a brush, using 11 basic brush strokes. The painting of these beautiful characters is called calligraphy, and was always seen as a form of art.

The Chinese began using woodblocks for printing in about 1600BC. Before that, books had often been handwritten on bamboo strips. Ancient Chinese writers produced all sorts of practical handbooks and encyclopedias. Poetry first developed about 3,000 years ago. It was the Chinese who invented paper, nearly 2,000 years ago. Cloth or bark was shredded, pulped and dried on frames. Movable type was invented in the 1040s. During the 1500s popular folk tales such as *The Water Margin* were published, and in the 1700s the writer Cao Xuequin produced China's greatest novel, *A Dream of Red Mansions*.

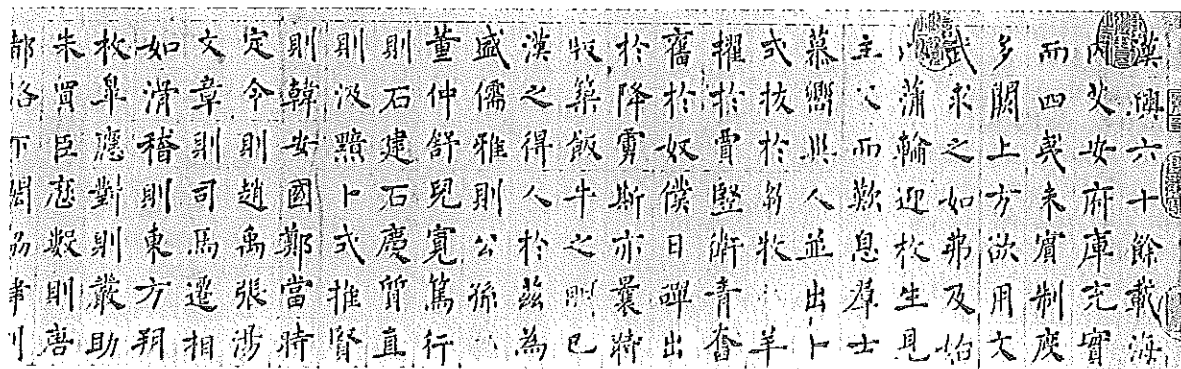


MAGICAL MESSAGES

The earliest surviving Chinese script appears on animal bones. They were used for telling fortunes in about 1200BC. The script was made up of small pictures representing objects or ideas. Modern Chinese script is made up of patterns of lines.

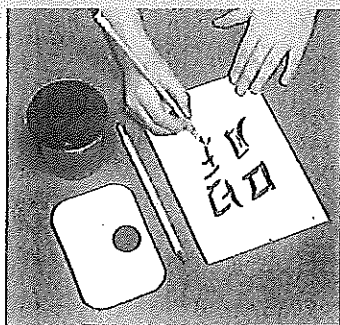
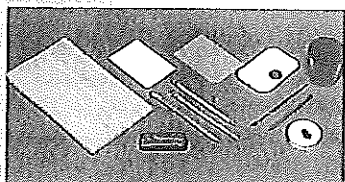
ART OF CALLIGRAPHY

This text was handwritten during the Tang dynasty (AD618–906). Traditional Chinese writing reads down from right to left, starting in the top right-hand corner.

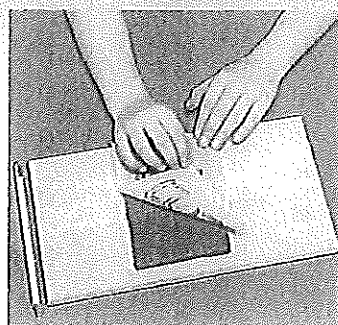


MAKE PRINTING BLOCKS

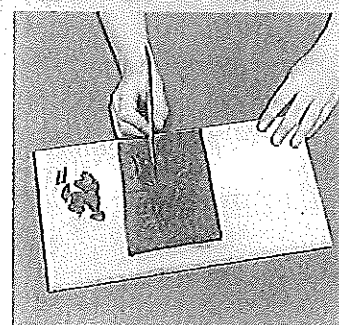
You will need: plain white paper, pencil, paint, soft Chinese brush or thin paintbrush, water pot, tracing paper, board, self-drying clay (15cm x 20cm, 2.5cm thick), modelling tool, wood glue, block printing ink, damp rag.



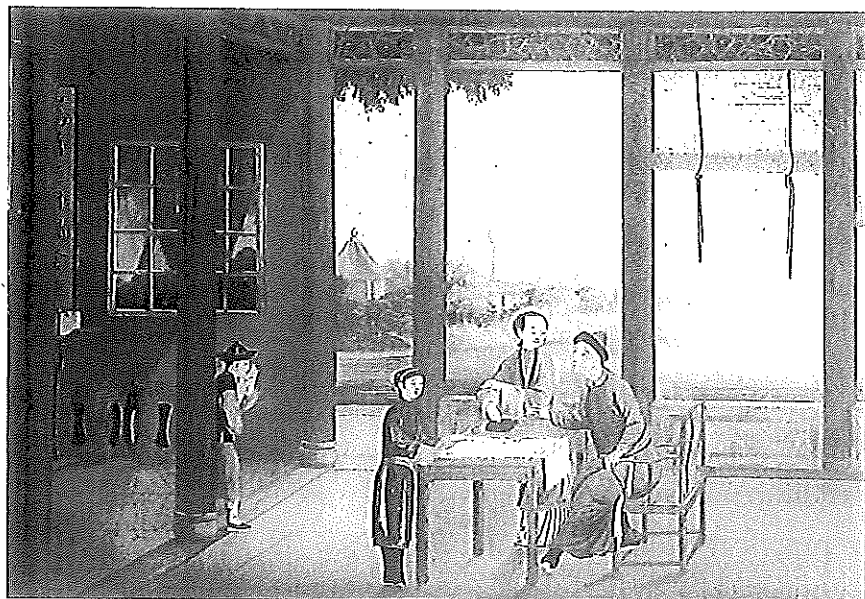
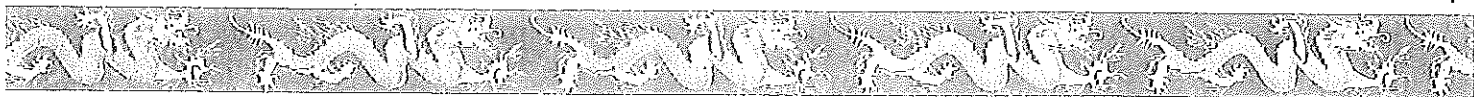
1 Copy or trace the characters from the reversed image block (see opposite). Start off with a pencil outline, then fill in with paint. Leave to dry.



2 Copy design on to tracing paper. Turn the paper over. Place it on the clay. Scribble on the clean side of the paper to leave a mirror image in the clay.



3 Use a modelling tool to carve out characters. Cut away clay all around characters to make a relief (raised pattern). Smooth clay base with your fingertips.

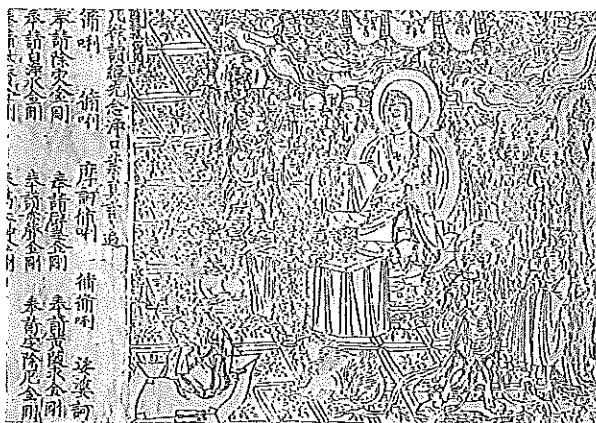


THE BEST WAY TO WRITE

A calligrapher of the 1840s begins to write, surrounded by his assistants. The brush must be held upright for the writing of Chinese characters. The wrist is never rested on the table. Many years of practice and study are necessary to become a good calligrapher.

THE PRINTED PAGE

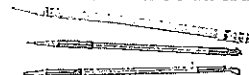
The Buddhist scripture called the Diamond Sutra (shown right) is probably the oldest surviving printed book in the world. It includes both text and pictures. The book was printed from a woodblock on 11 May AD868 and was intended to be distributed at no cost to the public.



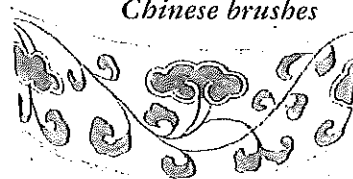
INKS AND COLOURS

Watercolours and inks were based on plant and mineral pigments in reds, browns, blues, greens and yellows.

Black ink was made from carbon, obtained from soot. This was mixed with glue to form a solid block. The ink block would be wetted during use. Brushes were made from animal hair fitted into bamboo handles.

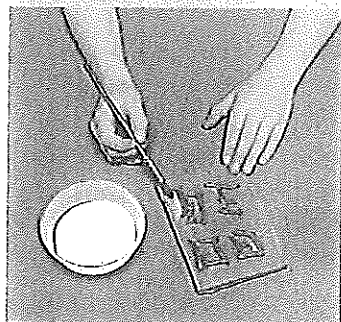


Chinese brushes

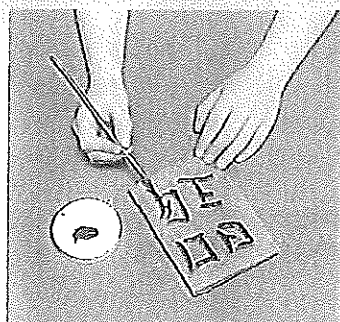


reversed image actual im

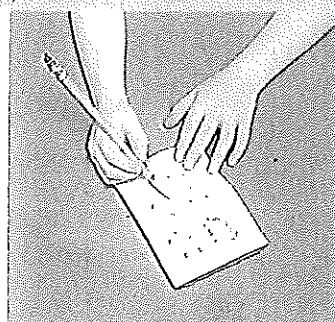
Block
rubbings of
characters
were an
early form
of printing.



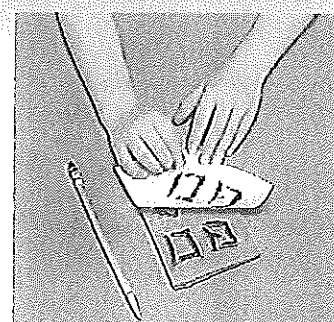
4 When the relief has dried, paint the clay block with wood glue. Leave it to dry thoroughly. When dry, the glue seals and protects the pattern.



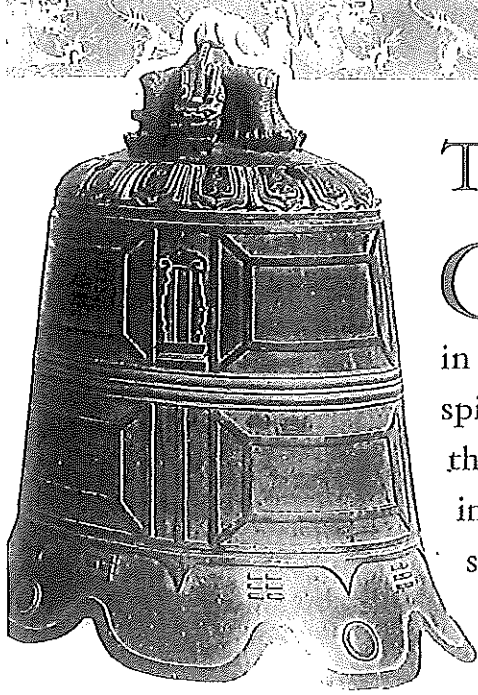
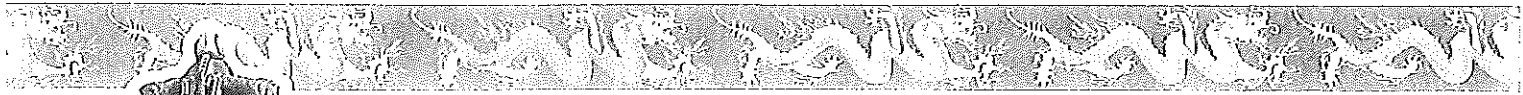
5 Now paint the design. Apply a thick layer of printing ink to the raised parts of the clay with a Chinese brush or a soft paintbrush.



6 Lay a thin piece of plain white paper over the inked block. Use a dry brush to press the paper into the ink, so that the paper takes up the design.



7 Lift up the paper to reveal your design. Look after your printing block by cleaning it with a damp rag. You can then use it again and again.



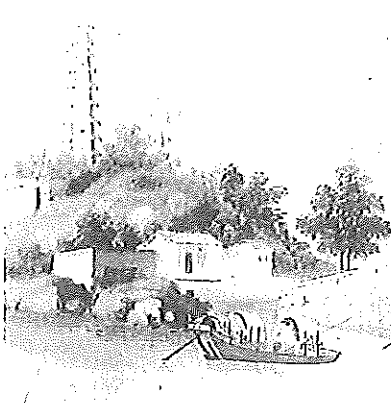
THE SOUND OF BELLS

Bells were set up at temples and also on towers in the cities. They were struck at daybreak to mark the opening of the gates. Big drums were struck when they were closed at night.

Towns and Cities

CITIES GREW UP in northern China during the Shang dynasty (c.1600–1122BC). Zhengzhou was one of the first capitals, built in about 1600BC. Its city wall was seven kilometres long, but the city spilled out far beyond this border. Chinese cities increased in size over the centuries, and by the AD1500s the city of Beijing was the biggest in the world. Some great cities became centres of government, while smaller settlements served as market towns or manufacturing centres.

A typical Chinese city was surrounded by a wide moat and a high wall of packed earth. It was entered through a massive gatehouse set into the wall. The streets were filled with carts, beggars, craft workshops and street markets. Most people lived in small districts called wards that were closed off at night by locked gates. Temples and monasteries were a common sight, but royal palaces and the homes of rich families were hidden by high walls.

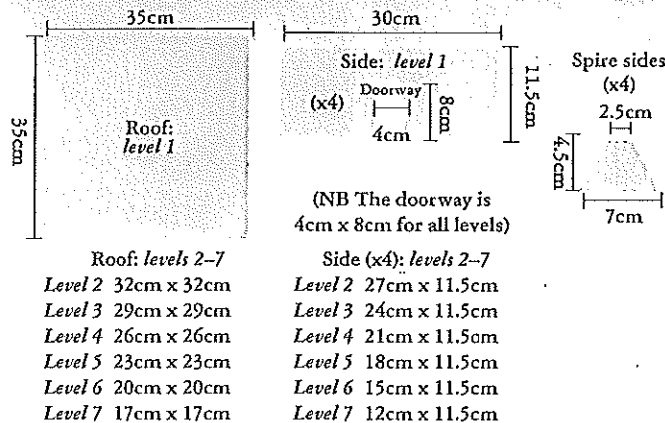
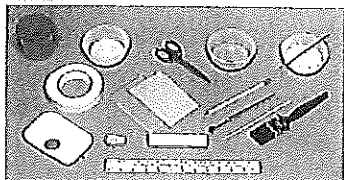


CHINESE SKYSCRAPERS

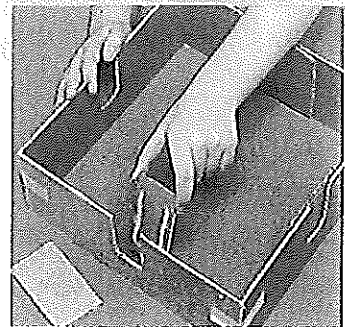
A pagoda (*shown far left*) soars above the skyline of a town in imperial China. Pagodas were graceful towers up to 15 storeys high, with eaves projecting at each level. Buildings rather like these were first seen in India, where they often marked holy Buddhist sites. The Chinese perfected the design, and many people believed that building pagodas spread good fortune over the surrounding land. Sometimes they were used as libraries, where scholars would study Buddhist scriptures.

MAKE A PAGODA

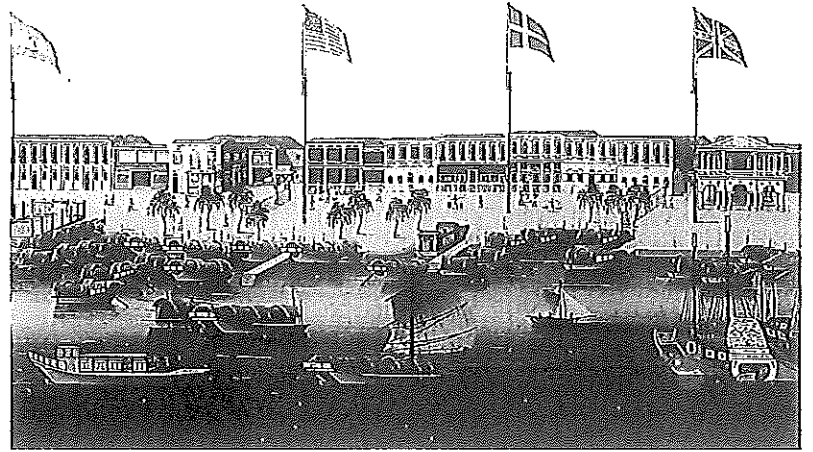
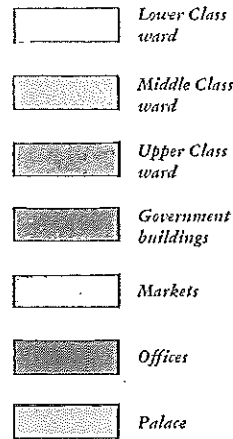
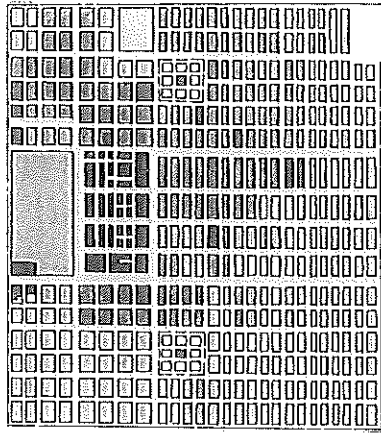
You will need: thick card, ruler, pencil, scissors, glue and brush, masking tape, corrugated card, 3cm x 1.5cm diameter dowel, embroidery bobbin, half a barbecue stick, paint (pink, terracotta and cream), thick and thin paintbrushes, water pot.



Cut out roof, side and spire pieces from thick card. Use the measurements shown above (pieces not to scale).



1 Start with level 1. Glue 4 side pieces together. Hold together with masking tape. Then glue pieces of card behind each doorway.



CITY PLANNING

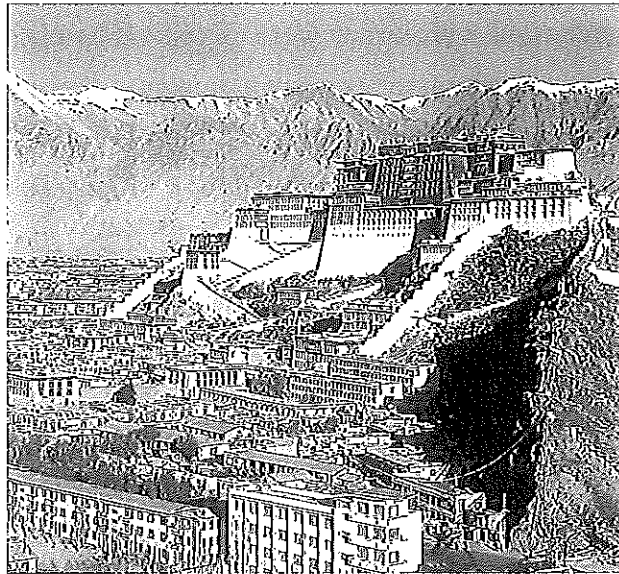
This grid shows the layout of Chang'an (Xian), the capital city of the empire during the Tang dynasty (AD618–906). The streets were grouped into small areas called wards. The design of many Chinese cities followed a similar pattern.

WESTERN INFLUENCE

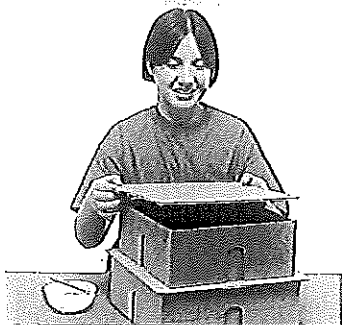
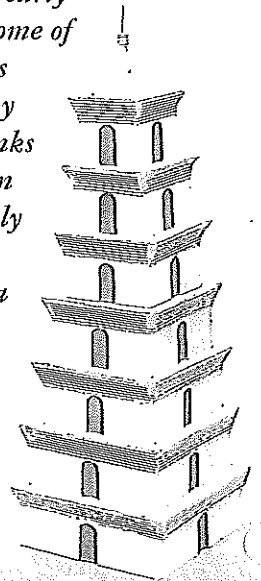
The flags of Western nations fly in the great southern port of Guangzhou (Canton) in about 1810. Foreign architectural styles also began to appear in some Chinese cities at this time. In the early 1800s, powerful Western countries competed to take over Chinese trade and force their policies upon the emperor.

LIVING ON THE RIM

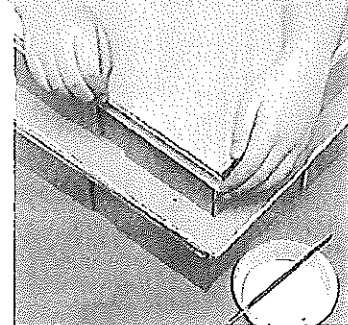
Cities around the edge of the empire were unlike those of typical Chinese towns. The mountain city of Lhasa is the capital of Tibet. It stretches out below its towering palace, the Potala. Tibet has had close political links with China since the AD600s. The country did remain independent for most of its history, but was invaded by China in the 1700s and again in 1950.



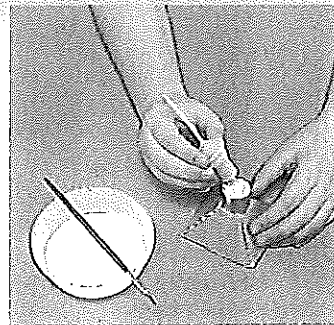
Pagodas were built in China as early as AD523. Some of the first ones were built by Chinese monks who had seen Buddhist holy temples in India. Extra storeys were sometimes added on over the centuries.



2 Glue level 1 roof on top of level 1 walls. Allow to dry. Centre level 2 sides on roof below. Glue down and hold with tape. Add level 2 roof.



3 Cut four 3cm wide corrugated card strips for each roof. The lengths need to match the roof measurements. Glue to edges of roof and sides.



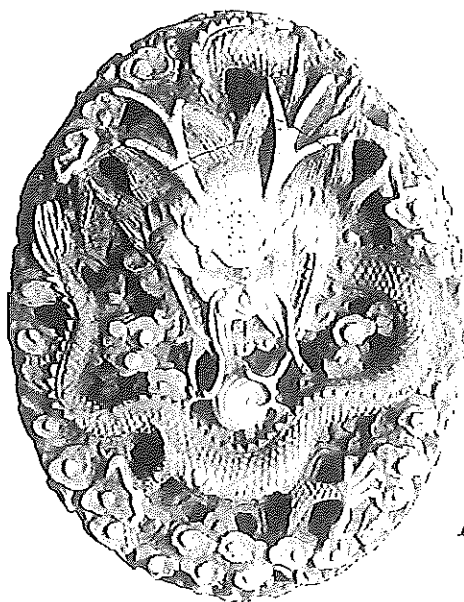
4 Assemble levels 3 to 7. Glue together spire pieces. Wedge dowel piece into the top. Stick barbecue stick on to bobbin. Then glue bobbin on to dowel.



5 Glue spire on to top level. Use a thick brush to paint the base colour. Paint details, such as terracotta for the roof tiles, with a thin brush.



Chinese Art

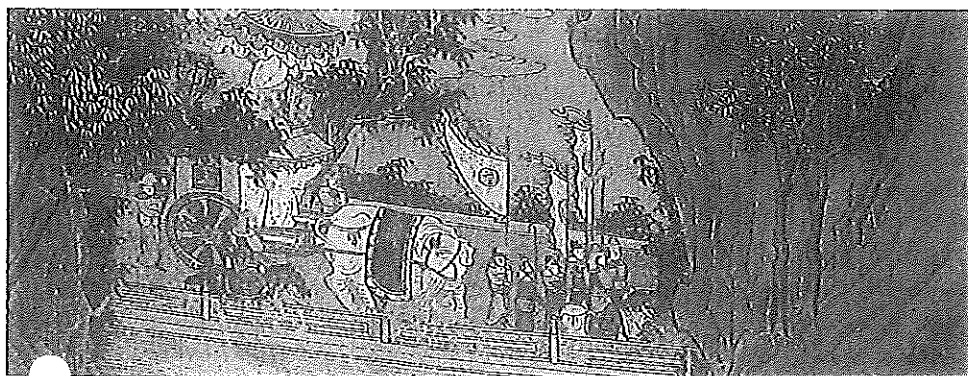


SYMBOLS OF WISDOM

To the Chinese, the dragon embodied wisdom, strength and goodness. This intricate ivory seal belonged to a Ming emperor and shows a dragon guarding the pearl of wisdom.

IN IMPERIAL CHINA, painting was believed to be the finest of all the arts. It was considered to be a mark of civilization and a suitable pastime for scholars and even emperors. Painting was based upon the same ideas of harmony and simplicity that were important in the Daoist and Buddhist faiths. Paintings appeared on scrolls of silk and paper, walls, screens and fans. Popular subjects for pictures varied over the ages. They included the misty mountains and rivers of southern China, as well as landscapes set off by lone human figures. Artists also painted birds, animals and plants, such as bamboo or lotus.

Sometimes just a few brush strokes were used to capture the spirit of the subject. Chinese writing in the form of a poem often played an important part in many pictures. Chinese artists also produced woodcuts, which are prints made from a carved wooden block. Traditionally these were not valued as much as the paintings, but many beautiful woodcuts were produced during the reign of the Ming dynasty (1368–1644).

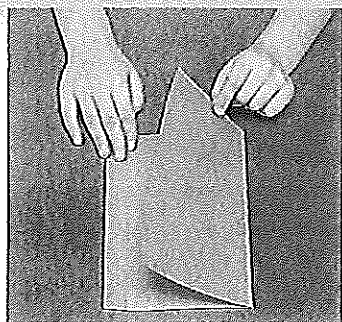
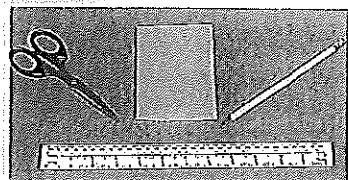


WINDOW ON THE PAST

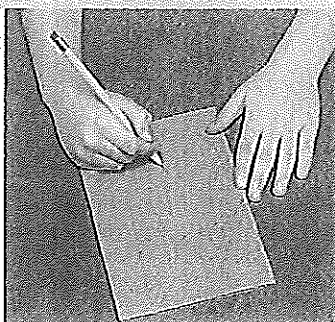
A royal procession makes its way along a mountain range. This detail from a painting on silk is by the great master Li Sixun (AD651–716). Many Tang dynasty paintings show court life and royal processions, but they are far from dull. They provide a colourful glimpse of life in China at that time. This picture shows what people wore and how they travelled.

MAKE PAPER CUT-OUTS

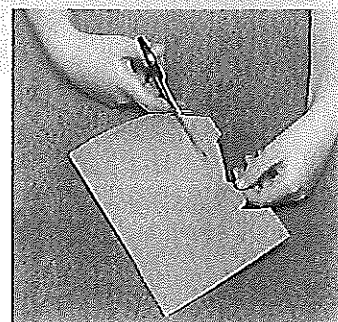
You will need: A4 sized coloured paper, pencil, ruler, scissors.



1 Take a piece of coloured paper and lay it flat on a hard surface. Fold it exactly in half widthways. Make a firm crease along the fold, as shown above.



2 Draw a Chinese-style design on the paper. Make sure all the shapes meet up at the fold. Make a tracing of your design so you can use it again.

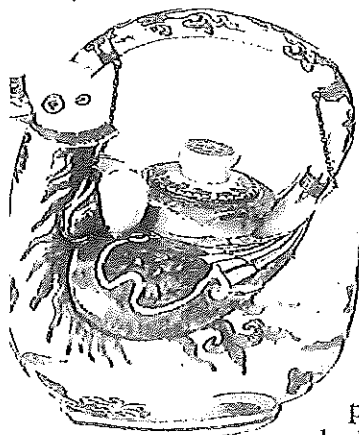


3 Keeping card folded, cut out shapes. Make sure you don't cut along the folded edge. Cut away areas you want to discard in between the shapes.



PAINTING NATURE

Morning mist hangs over a mountain backdrop. This detail from a masterpiece by Qiu Ying (1494–1552) is inspired by the forests and mountain landscapes of his homeland. Artists such as Qiu Ying were successful and well paid.

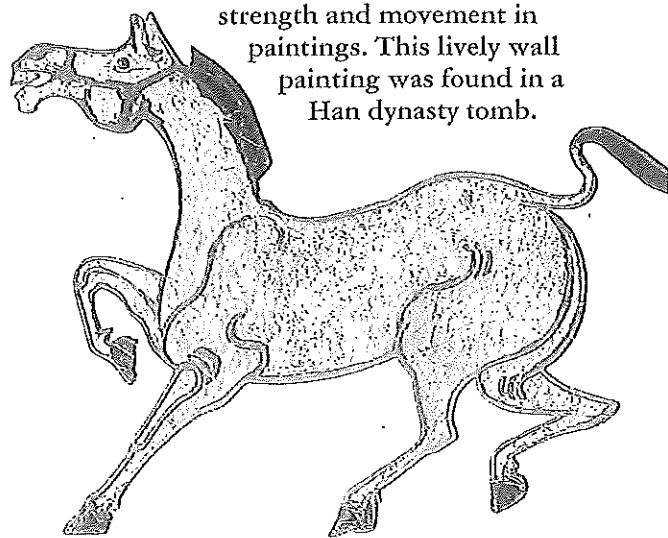


ART IN PORCELAIN

China's craft workers and designers were also great artists. This blue-and-white porcelain wine jar was made in the 1600s in the form of a mandarin duck and drake. Its hand-painted details would have taken many long hours of work to complete. Blue-and-white porcelain was very popular during the Ming dynasty.

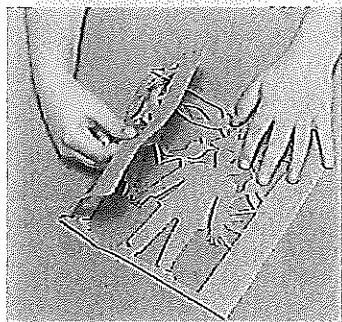
AT FULL GALLOP

Chinese artists greatly admired horses and loved to try to capture their strength and movement in paintings. This lively wall painting was found in a Han dynasty tomb.

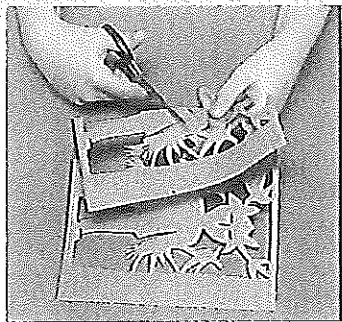


SPRINGTIME ON PAPER

A watercolour painting from the 1800s shows peach blossom just as it comes into flower. It is painted in a very realistic, fresh and simple style. This approach is a common characteristic of much Chinese art.



4 Now open up your design. Be careful not to tear it. To add details to the figures, fold paper again. Mark the details to be cut along the crease.



5 Using a pair of scissors, carefully cut out the detail along the crease. The cut-out detail will be matched perfectly on the other side of the figure.

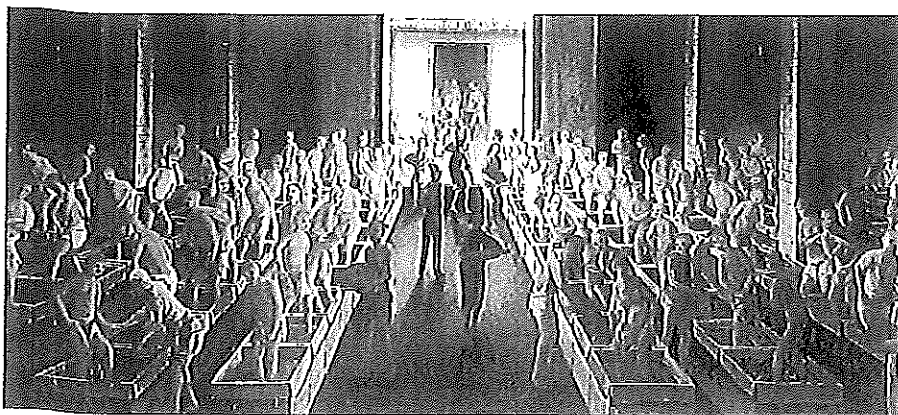
Carefully open up your finished cut-out. Display the design by sticking it to a window, so that light shines through. In China, paper cut-outs are traditionally used to bring luck and good fortune.



Markets and Trade

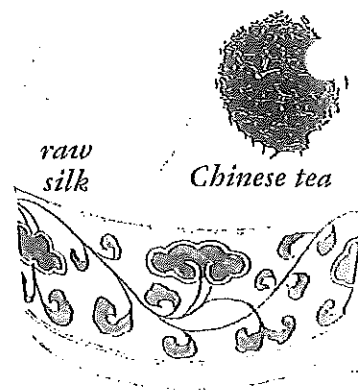
THE EARLIEST CHINESE TRADERS used to barter (exchange) goods, but by 1600BC people were finding it easier to use tokens such as shells for buying and selling. The first metal coins date from about 750BC and were shaped like knives and spades. It was Qin Shi Huangdi, the first emperor, who introduced round coins. These had holes in the middle so that they could be threaded on to a cord for safe-keeping. The world's first paper money appeared in China in about AD900.

There were busy markets in every Chinese town, selling fruit, vegetables, rice, flour, eggs and poultry as well as cloth, medicine, pots and pans. In the Tang dynasty capital Chang'an (Xian), trading was limited to two large areas – the West Market and the East Market. This was so that government officials could control prices and trading standards.



CHINESE TRADING

Goods from China changed hands many times on the Silk Road to Europe. Trade moved in both directions. Porcelain, tea and silk were carried westwards. Silver, gold and precious stones were transported back into China from central and southern Asia.

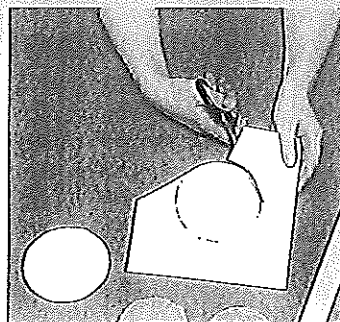
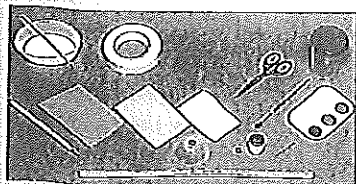


CASH CROPS

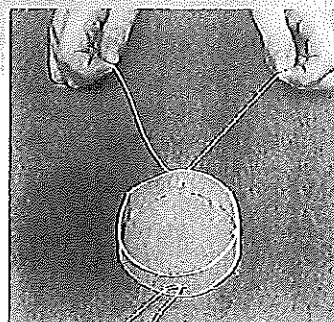
Tea is trampled into chests in this European view of tea production in China. The work looks hard and the conditions cramped. For years China had traded with India and Arabia. In the 1500s it began a continuous trading relationship with Europe. By the early 1800s, China supplied 90 per cent of all the world's tea.

MAKE A PELLET DRUM

You will need: large roll of masking tape, pencil, thin cream card, thick card, scissors, glue and brush, 2.5cm x 30cm thin grey card, thread, ruler, needle, bamboo stick, paint (red, green and black), water pot, paintbrush, 2 coloured beads.



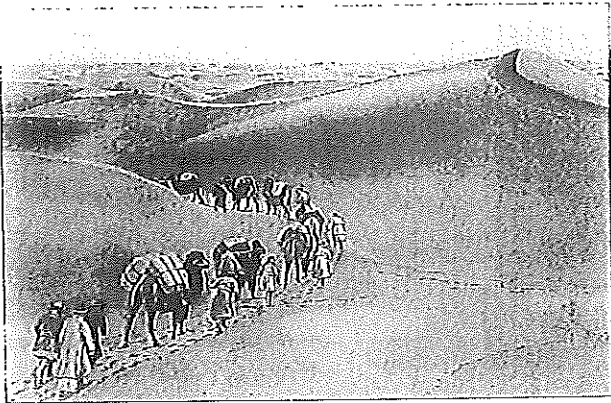
1 Use the outside of the tape roll to draw 2 circles on thin cream card. Use the inside to draw 2 smaller circles on thick card. Cut out, as shown.



2 Glue grey strip around one of smaller circles. Make 2 small holes each side of strip. Cut two 20cm threads. Pass through holes and knot.

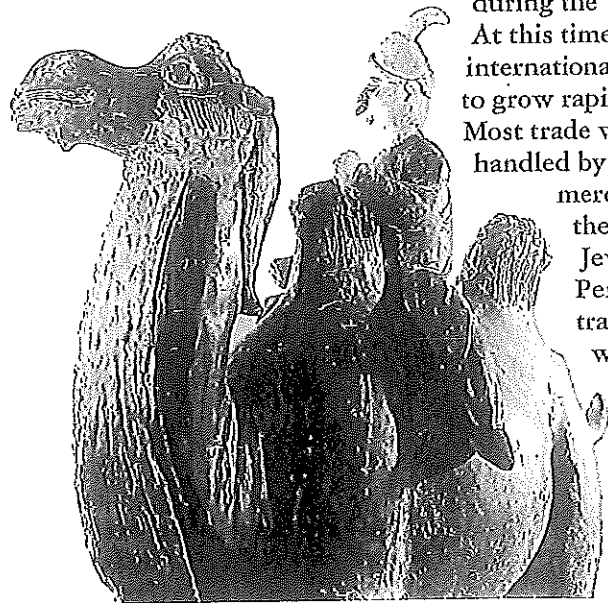


3 Use the scissors to make a hole in the side of the strip for the bamboo stick. Push the stick through, as shown. Tape the stick to the hole.



THE SILK ROAD

The trading route known as the Silk Road developed during the Han dynasty. The road ran for 11,000 kilometres from Chang'an (modern Xian), through Yumen and Kasghar, to Persia and the shores of the Mediterranean Sea. Merchants carried tea, silk and other goods from one trading post to the next.



FROM DISTANT LANDS

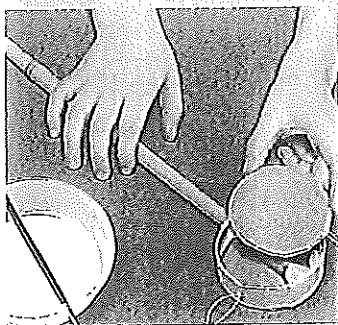
A foreign trader rides on his camel during the Tang dynasty. At this time, China's international trade began to grow rapidly. Most trade was still handled by foreign merchants, among them Armenians, Jews and Persians. They traded their wares along the Silk Road, bringing goods to the court at the Tang dynasty capital, Chang'an.

BUYERS AND SELLERS

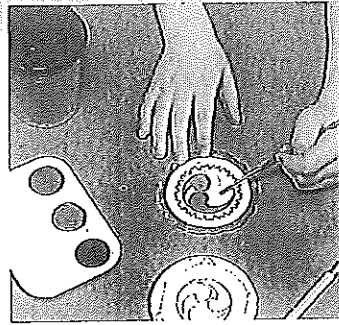
This picture shows a typical Chinese market in about 1100. It appears on a Song dynasty scroll and is thought to show the market in the capital, Kaifeng, at the time of the New Year festival.



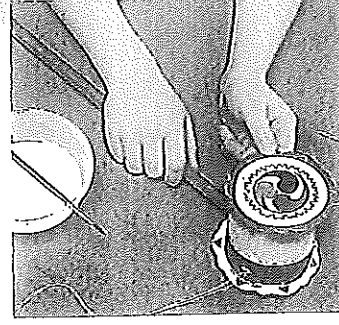
Twist the drum handle to make the little balls rattle. In the hubbub of a street market, a merchant could shake a pellet drum to gain the attention of passers by. He would literally drum up trade!



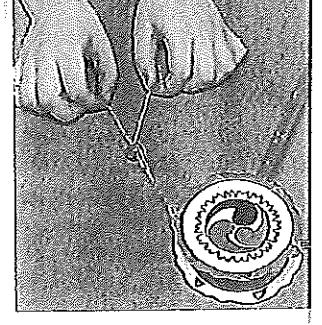
4 Tape the stick handle down securely at the top of the drum. Take the second small circle and glue it firmly into place. This seals the drum.



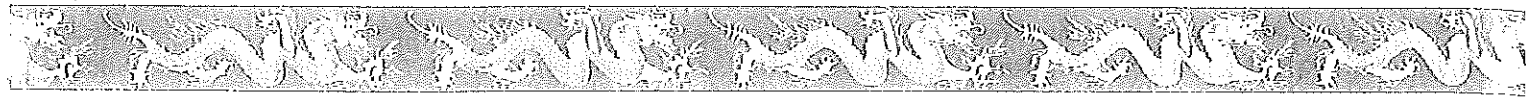
5 Draw matching designs of your choice on the 2 thin cream card circles. Cut out a decorative edge. Paint in the designs and leave them to dry.



6 Paint the bamboo stick handle red and leave to dry. When the stick is dry, glue the 2 decorated circles into position on top of the 2 smaller circles.



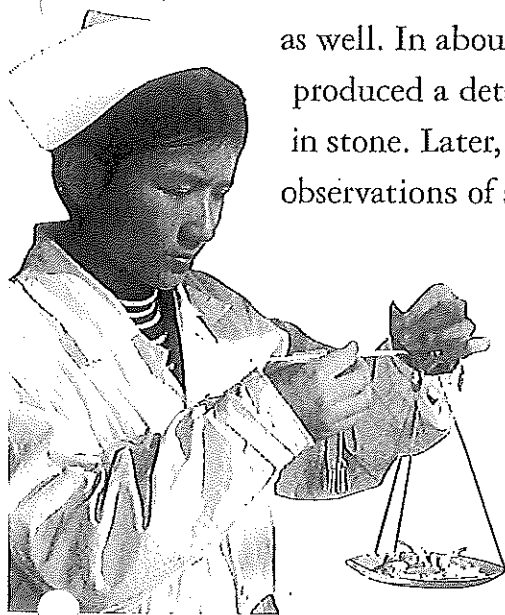
7 Thread on the 2 beads. Make sure the thread is long enough to allow the beads to hit the centre of the drum. Tie as shown. Cut off any excess.



Medicine and Science

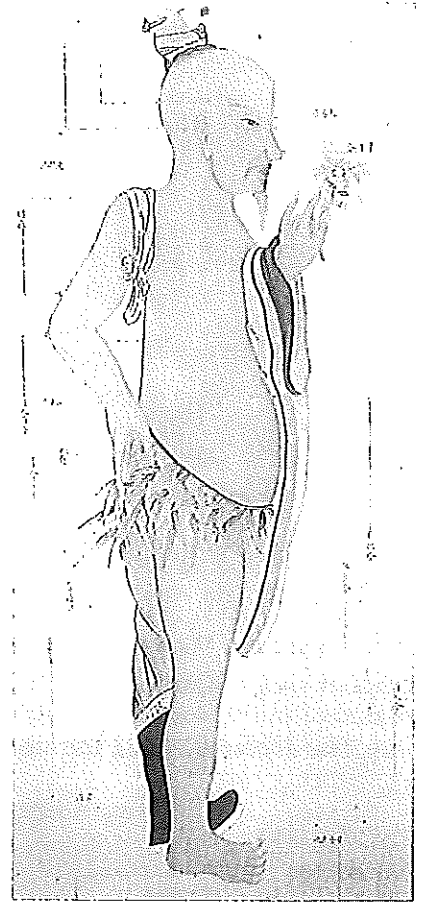
FROM THE EMPIRE'S earliest days, Chinese scholars published studies on medicine, astronomy and mathematics. The Chinese system of medicine had a similar aim to that of Daoist teachings, in that it attempted to make the body work harmoniously. The effects of all kinds of herbs, plants and animal parts were studied and then used to produce medicines. Acupuncture, which involves piercing the body with fine needles, was practised from about 2700BC. It was believed to release blocked channels of energy and so relieve pain.

The Chinese were also excellent mathematicians, and from 300BC they used a decimal system of counting based on tens. They may have invented the abacus, an early form of calculator, as well. In about 3000BC, Chinese astronomers produced a detailed chart of the heavens carved in stone. Later, they were the first to make observations of sunspots and exploding stars.



NEW ILLS, OLD REMEDIES

A pharmacist weighs out a traditional medicine. Hundreds of medicines used in China today go back to ancient times. Many are herbal remedies later proved to work by scientists. Doctors are still researching their uses. Other traditional medicines are of less certain value, but are still popular purchases at street stalls.

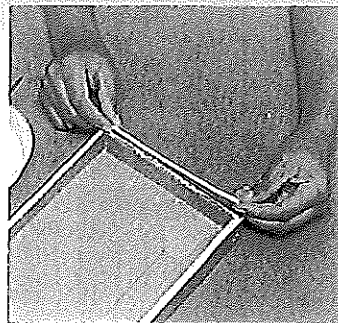
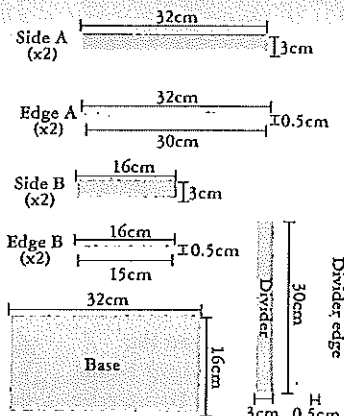
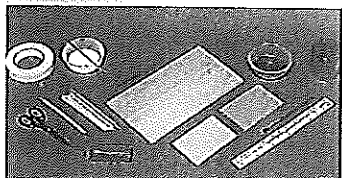


PRICKING POINTS

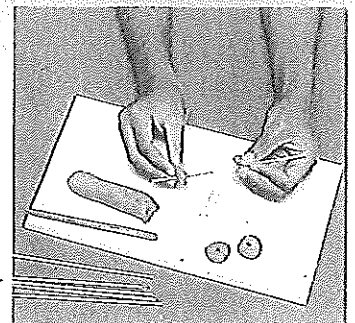
Acupuncturists used charts (shown above) to show exactly where to position their needles. The vital *qi* (energy) was thought to flow through the body along 12 lines called meridians. The health of the patient was judged by taking their pulse. Chinese acupuncture is practised all over the world today.

MAKE AN ABACUS

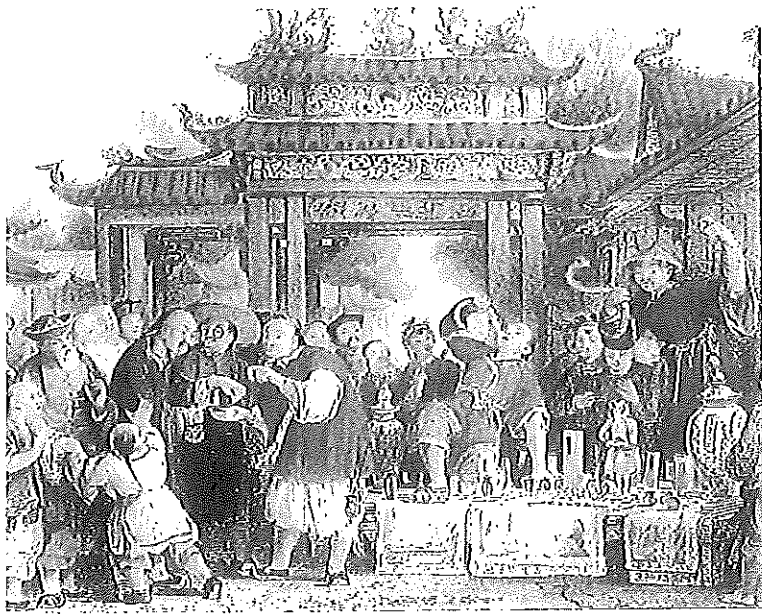
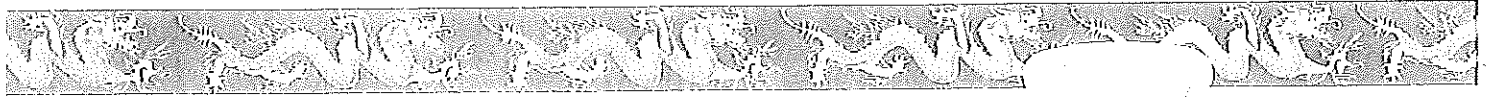
You will need: thick and thin card, ruler, pencil, scissors, wood glue and brush, masking tape, self-drying clay, cutting board, modelling tool, 30cm x 0.5cm dowel (x11), paintbrush, water pot, brown paint.



1 Glue sides A and B to the base. Hold the edges with masking tape until dry. Then glue edges A and B to the tops of the sides, as shown.



2 Roll the clay into a 2cm diameter sausage. Cut it into 77 small, flat beads. Make a hole through the centre of each bead with a dowel.

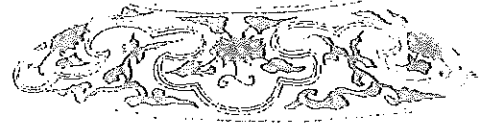


STREET DOCTOR PEDDLES HIS WARES

His European view of Chinese medicine dates from 1843. It shows snakes and all sorts of unusual potions being sold on the streets. The doctor is telling the crowd of miraculous cures.

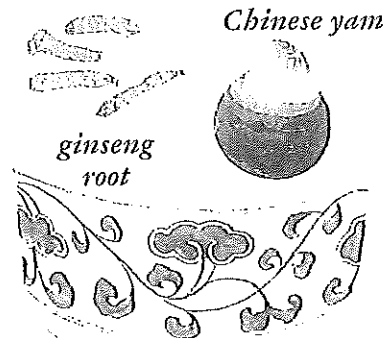
BURNING CURES

A country doctor treats a patient with traditional techniques using the Song dynasty. Chinese doctors relieved pain by heating parts of the body with the burning leaves of a plant called moxa (mugwort). The process is called moxibustion.

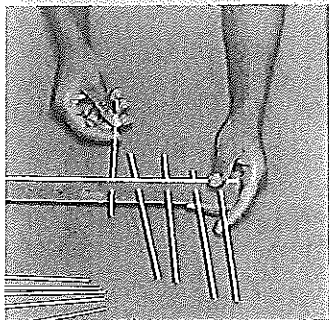
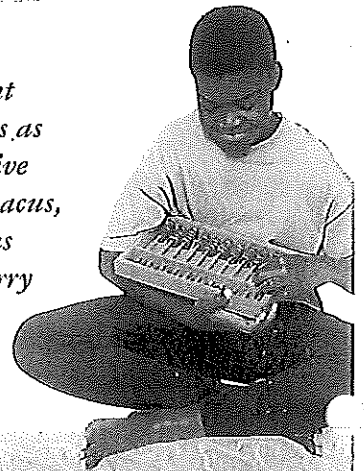


NATURAL HEALTH

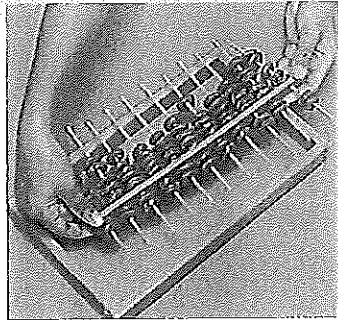
Roots, seeds, leaves and flowers have been used in Chinese medicine for over 2,000 years. Today, nine out of ten Chinese medicines are herbal remedies. The Chinese yam is used to treat exhaustion. Ginseng root is used to help treat dizzy spells, while mulberry wood is said to lower blood pressure.



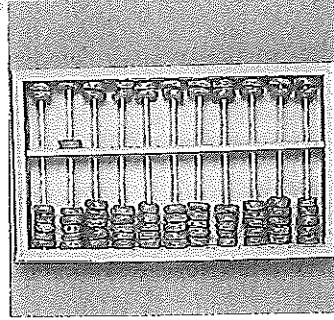
The abacus is an ancient counting frame that acts as a simple but very effective calculator. Using an abacus, Chinese mathematicians and merchants could carry out very difficult calculations quickly and easily.



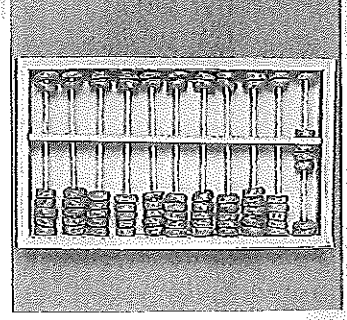
3 Make 11 evenly spaced holes in the divider. Edge one side with thin card. Thread a dowel through each hole. Paint all of the abacus parts. Leave to dry.



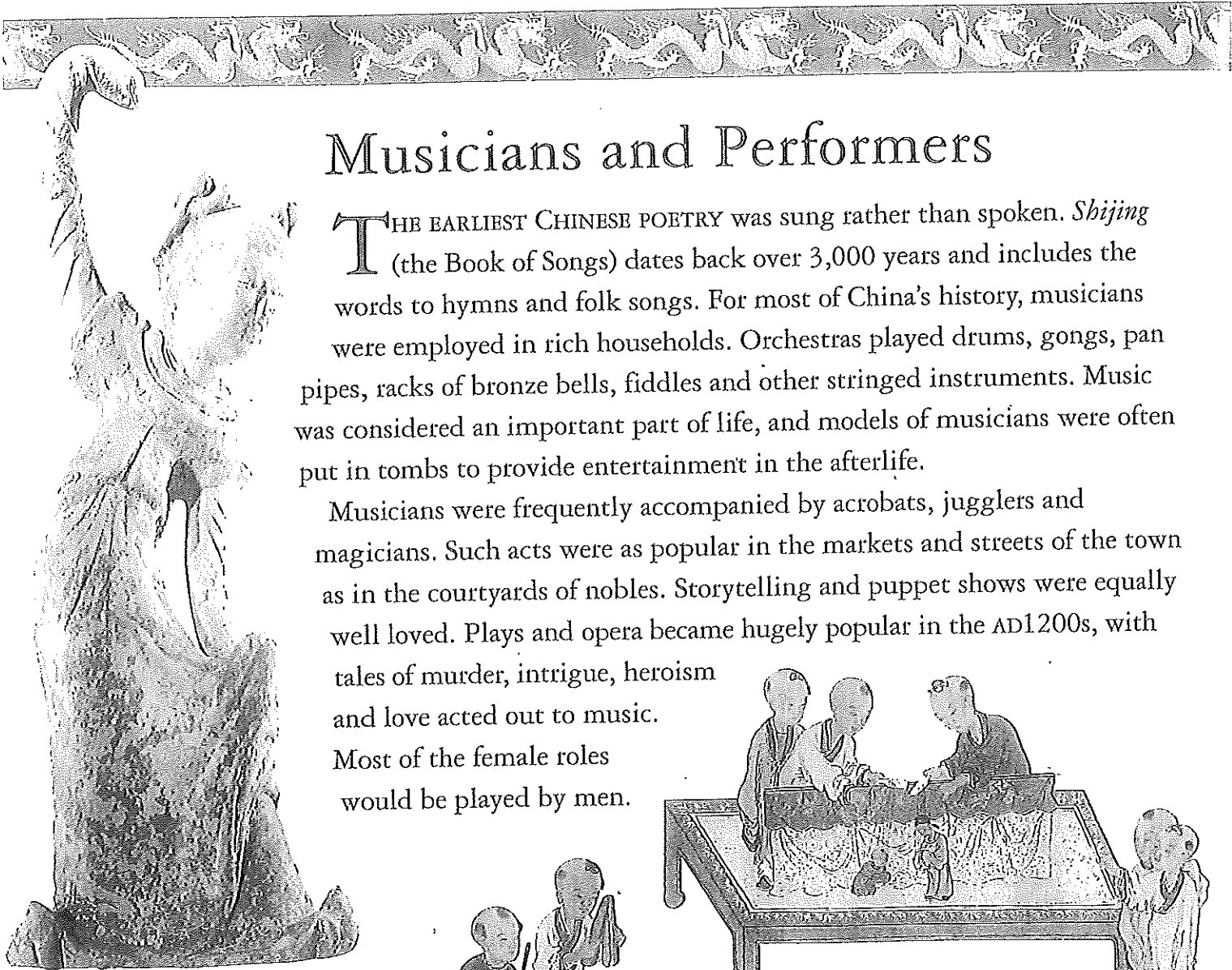
4 Thread 7 beads on to each dowel rod - 2 on the upper side of the divider, 5 on the lower. Carefully fit the beads and rods into the main frame.



5 Each upper bead on the abacus equals 5 lower beads in the same column. Each lower bead is worth 10 of the lower beads in the column to its right.



6 Here is a simple sum. To calculate $5+3$, first move down one upper bead (worth 5). Then move 3 lower beads in the same column up (each worth 1).

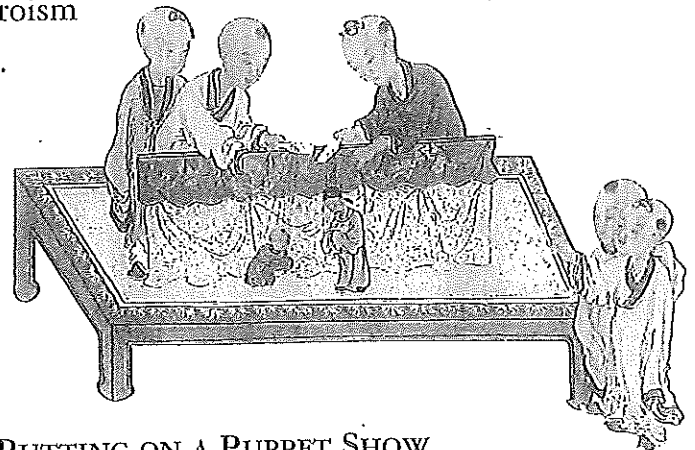


Musicians and Performers

THE EARLIEST CHINESE POETRY was sung rather than spoken. *Shijing* (the Book of Songs) dates back over 3,000 years and includes the words to hymns and folk songs. For most of China's history, musicians were employed in rich households. Orchestras played drums, gongs, pan pipes, racks of bronze bells, fiddles and other stringed instruments. Music was considered an important part of life, and models of musicians were often put in tombs to provide entertainment in the afterlife.

Musicians were frequently accompanied by acrobats, jugglers and magicians. Such acts were as popular in the markets and streets of the town as in the courtyards of nobles. Storytelling and puppet shows were equally well loved. Plays and opera became hugely popular in the AD1200s, with tales of murder, intrigue, heroism and love acted out to music.

Most of the female roles would be played by men.



THE COURT DANCER

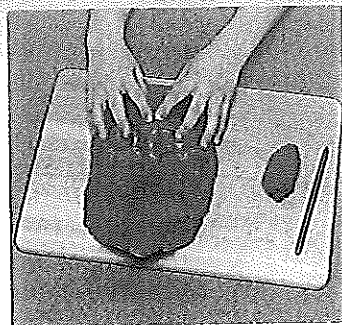
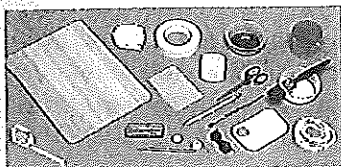
Arching her right arm upwards, an elegant dancer performs at the royal court. The model's flowing dress belongs to the fashions of the Tang dynasty (AD618–906).

PUTTING ON A PUPPET SHOW

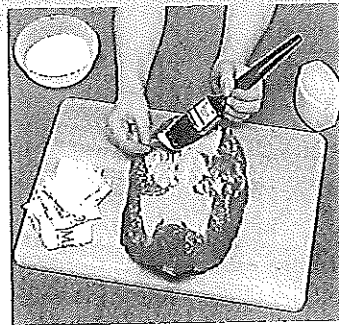
Children put on a show with marionettes (puppets moved by strings) in the 1600s. Drumming was used to provide musical accompaniment, just like in a professional play of the period.

MAKE A MASK

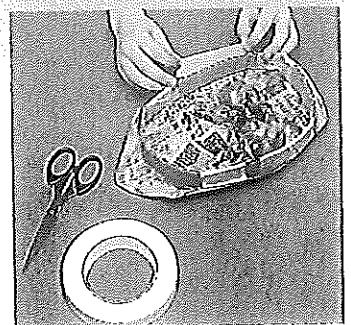
You will need: tape measure, large block of self-drying clay, board, modelling tool, petroleum jelly, newspaper, wood glue and brush, scissors, thick card, masking tape, 2 large white beads, paintbrush, paints (grey, cream, terracotta and yellow), water pot, needle, black wool, string.



1 Measure the width and length of your face with a tape measure. Make a clay mould. Carve out the eyes and attach a clay nose to the mask.



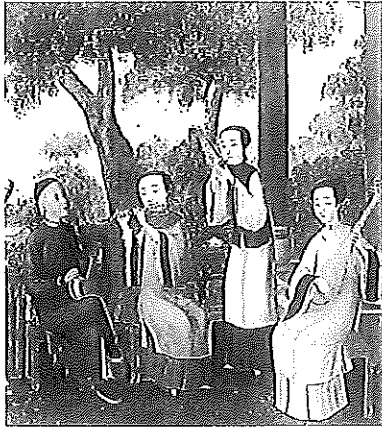
2 Paint front of mask with petroleum jelly. Apply 4–6 layers of papier-mâché. This is made by soaking torn newspaper in water and glue. Leave to dry.



3 Remove mask from the clay mould. Cut a 2.5cm wide strip of card long enough to fit around your face. Bend it into a circle, and tape to the mask.

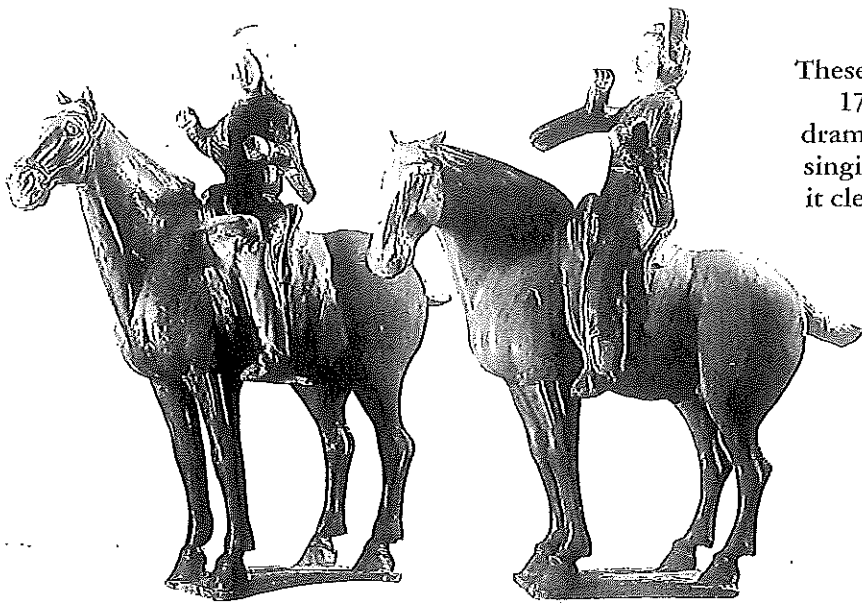
MUSIC IN THE GARDEN

Musicians in the 1800s play *qins* (lutes) and *sheng* (flutes) in a garden setting. The music tried to reflect nature's harmony. It was intended to make the listener feel peaceful and spiritual.



CHINESE OPERA

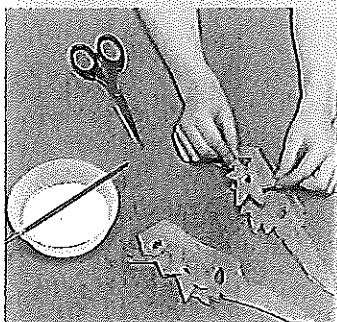
These stars of the Chinese opera are performing in the 1700s. Well-known folk tales were acted out to the dramatic sound of crashing cymbals and high-pitched singing. Elaborate make-up and fancy costumes made it clear to the audience whether the actor was playing a hero or a villain, a princess or a demon.



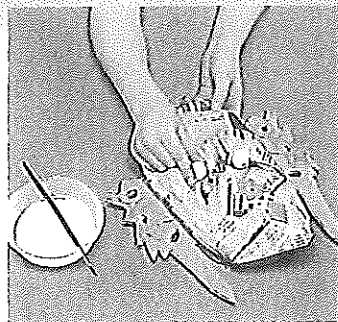
SOUND THE DRUMS!

The cavalcade that followed an important government official or general might have included mounted drummers or trumpeters. These figures of musicians on horseback were found in the tomb of a high-ranking official from the Tang dynasty.

Elaborate masks like these were worn to great effect in Chinese opera. When your mask is finished, you can wear it to scare your friends!



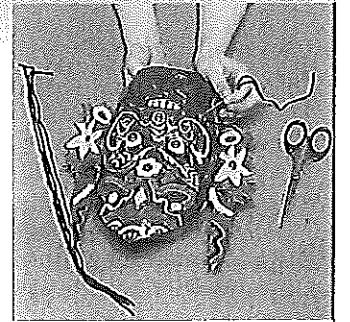
4 Cut 2 pointed ear shapes from card. Fold card at the edge to make flaps. Cut out and glue on small, decorative pieces of card. Glue ears to the mask.



5 Glue on 2 large white beads for the eyes. Cut out more small pieces of card. Glue these on above the eyes. Add another piece of card for the lips.



6 Paint the mask with the grey base colour first. Leave to dry. Then add details using the brighter colours. When dry, varnish with wood glue.



7 Use a needle to thread black wool through for the beard. Tape wool to back of the mask. Thread string through side of mask behind ears to tie it on.